



NEW JERSEY PREMIER ALL STARS

VOLUME 15 

EVALUATION SKILL REQUIREMENTS

MUST HAVE 2 SKILLS IN THE STANDING TUMBLING CATEGORY & 2 SKILLS IN THE RUNNING TUMBLING CATEGORY EXECUTED WITH PERFECT TECHNIQUE TO ATTEND THAT LEVEL EVALUATION - NO EXCEPTIONS!

NON-TUMBLE / NOVICE / EXPO / PREP

NO SKILL REQUIREMENTS

Forward Roll

Backward Roll

Cartwheel

Round Off

Handstand

Handstand Roll

Backbend Kick Over

LEVEL 1

STANDING TUMBLING

Back Walkover - Back Walkover (BWO)

Front Walkover (FWO)

Switch Leg Back Walkover

Valdez

RUNNING TUMBLING

Cartwheel BWO - BWO

FWO - Cartwheel - BWO - BWO

FWO - CW - BWO - BWO Switch
Leg

LEVEL 2

STANDING TUMBLING

BWO Switch Leg - BHS

BHS Step Out - BWO - BHS

BWO - BHS Step Out- BWO

RUNNING TUMBLING

Cartwheel BHS - BHS

Round Off BHS - BHS

FWO - R/O - BHS - BHS





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LEVEL 3

STANDING TUMBLING

BHS Step Out - BHS- BHS
BHS Step Out - BWO - BHS - BHS
BHS - BHS - BHS

RUNNING TUMBLING

RO BHS Tuck
FWO RO BHS Tuck
FWO - Aerial

LEVEL 4

STANDING TUMBLING

BHS Step Out - Tuck
BHS - BHS - Tuck
Toe Touch - BHS - BHS - Tuck

RUNNING TUMBLING

RO BHS Layout
FWO RO BHS Layout
RO - Whip - Layout

LEVEL 5

STANDING TUMBLING

BHS - BHS Layout
BHS Layout
BHS - Whip - Tuck

RUNNING TUMBLING

RO BHS Full
FWO RO BHS Full
RO to Whip to Full
PF Step out to Full





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LEVEL 6

STANDING TUMBLING

BHS - BHS - Full

BHS Full

Toe Touch - BHS- BHS- Full

Standing Full

RUNNING TUMBLING

Whip to Full

PF Step Out to Full

RO BHS to Double Full

Specialty to Double Full

FLYER REQUIREMENTS

Excellent flexibility in our flyers is required. Consistent body control and balance must be demonstrated. Flyers need to perform in the air and have previous flying experience. We will be taking into consideration the flyer's age/size in comparison to the bases on the team as well.

BODY POSITIONS

Heel Stretch on Both Legs
Front Stretch on Both Legs
Hyperextended Arabesques
Scale with Straight Leg

BONUS

Needle
Bow & Arrow

ADDITIONAL NOTES

ALL SKILLS SHOULD BE EXECUTED CONFIDENTLY AND WITH PERFECT TECHNIQUE. IN ADDITION, PERFORMANCE SKILLS ARE REQUIRED OF ALL ATHLETES. ATHLETES WILL BE EVALUATED ON TUMBLING, JUMPS, PERFORMANCE, PREVIOUS YEARS TEAM PERFORMANCE AND STUNTING SKILLS.

